



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 15036, Fish, halibut, Atlantic and Pacific, raw

Report Date: June 25, 2017 19:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	80.34	--	0.523	77.23	82.89	9.0	79.157	81.525	1	Analytical or derived from analytical	--	07/2010
Energy	kcal	91	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	382	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein ¹	g	18.56	--	0.378	16.31	20.25	9.0	17.7	19.412	1	Analytical or derived from analytical	--	07/2010
Total lipid (fat) ¹	g	1.33	--	0.308	0.46	3.82	9.0	0.631	2.023	1	Analytical or derived from analytical	--	07/2010
Ash ¹	g	1.29	--	0.027	1.11	1.42	9.0	1.231	1.355	1	Analytical or derived from analytical	--	07/2010
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Fructose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Maltose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Galactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Starch 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Minerals													
Calcium, Ca 1	mg	7	--	1.666	4	22	9.0	3.64	11.18	1	Analytical or derived from analytical	--	07/2010
Iron, Fe 1	mg	0.16	--	0.011	0.11	0.21	9.0	0.137	0.188	1	Analytical or derived from analytical	--	07/2010
Magnesium, Mg 1	mg	23	--	0.984	19	30	9.0	20.994	25.446	1	Analytical or derived from analytical	--	07/2010
Phosphorus, P 1	mg	236	--	2.966	223	254	9.0	229.491	242.909	1	Analytical or derived from analytical	--	07/2010
Potassium, K 1	mg	435	--	16.452	293	477	9.0	397.483	471.917	1	Analytical or derived from analytical	--	07/2010
Sodium, Na 1	mg	68	--	7.449	33	112	9.0	50.889	84.591	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn ¹	mg	0.36	--	0.013	0.31	0.45	9.0	0.328	0.387	1	Analytical or derived from analytical	--	07/2010
Copper, Cu ¹	mg	0.023	--	0.002	0.02	0.03	9.0	0.019	0.027	1	Analytical or derived from analytical	--	07/2010
Manganese, Mn ¹	mg	0.011	--	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	07/2010
Selenium, Se ¹	µg	45.6	--	3.142	33.2	63.3	9.0	38.531	52.749	1	Analytical or derived from analytical	--	07/2010
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Thiamin ¹	mg	0.050	--	0.007	0.03	0.06	3.0	0.027	0.073	1	Analytical or derived from analytical	--	07/2010
Riboflavin ¹	mg	0.030	--	0.006	0.02	0.04	3.0	0.012	0.048	1	Analytical or derived from analytical	--	07/2010
Niacin ¹	mg	6.513	--	0.539	5.22	7.44	3.0	4.798	8.227	1	Analytical or derived from analytical	--	07/2010
Pantothenic acid ¹	mg	0.343	--	0.018	0.3	0.39	3.0	0.284	0.401	1	Analytical or derived from analytical	--	07/2010
Vitamin B-6 ¹	mg	0.548	--	0.050	0.42	0.66	3.0	0.39	0.705	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	61.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12 ¹	µg	1.10	--	0.058	1	1.2	3.0	0.916	1.284	1	Analytical or derived from analytical	--	07/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Retinol ¹	µg	20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	67	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol) ¹	mg	0.61	--	--	0.48	0.74	1.0	--	--	1	Analytical or derived from analytical	--	07/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocopherol, gamma ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocopherol, delta ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Vitamin D (D2 + D3) ¹	μg	4.7	--	1.095	0.8	10.9	9.0	2.265	7.221	1	Analytical or derived from analytical	--	07/2010
Vitamin D3 (cholecalciferol) ¹	μg	4.7	--	1.095	0.8	10.9	9.0	2.265	7.221	1	Analytical or derived from analytical	--	07/2010
Vitamin D ¹	IU	190	--	43.824	30	434	9.0	90.819	289.093	1	Analytical or derived from analytical	--	07/2010
Vitamin K (phylloquinone) ¹	μg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Lipids													
Fatty acids, total saturated	g	0.292	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
8:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0 1	g	0.005	--	0.002	0	0.02	9.0	--	0.01	1	Analytical or derived from analytical	--	07/2010
14:0 1	g	0.049	--	0.014	0.01	0.13	9.0	0.017	0.082	1	Analytical or derived from analytical	--	07/2010
15:0 1	g	0.004	--	0.001	0	0.01	9.0	0.002	0.007	1	Analytical or derived from analytical	--	07/2010
16:0 1	g	0.174	--	0.041	0.07	0.43	9.0	0.081	0.268	1	Analytical or derived from analytical	--	07/2010
17:0 1	g	0.002	--	0.001	0	0.01	9.0	0.001	0.004	1	Analytical or derived from analytical	--	07/2010
18:0 1	g	0.054	--	0.012	0.02	0.12	9.0	0.026	0.081	1	Analytical or derived from analytical	--	07/2010
20:0 1	g	0.002	--	0.000	0	0	9.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 1	g	0.001	--	0.000	0	0	9.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
24:0 1	g	0.001	--	0.000	0	0	9.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total monounsaturated	g	0.471	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
14:1 1	g	0.003	--	0.001	0	0.01	9.0	0.001	0.005	1	Analytical or derived from analytical	--	07/2010
15:1 1	g	0.002	--	0.000	0	0	9.0	0.001	0.003	1	Analytical or derived from analytical	--	07/2010
16:1 undifferentiated 1	g	0.068	--	0.024	0.01	0.25	9.0	0.013	0.123	1	Analytical or derived from analytical	--	07/2010
16:1 c 1	g	0.065	--	0.024	0.01	0.24	9.0	0.012	0.119	1	Analytical or derived from analytical	--	07/2010
16:1 t 1	g	0.003	--	0.001	0	0.01	9.0	0.001	0.004	1	Analytical or derived from analytical	--	07/2010
17:1 1	g	0.007	--	0.003	0	0.03	9.0	0.001	0.013	1	Analytical or derived from analytical	--	07/2010
18:1 undifferentiated 1	g	0.229	--	0.071	0.04	0.73	9.0	0.068	0.389	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 c ¹	g	0.221	--	0.069	0.03	0.71	9.0	0.065	0.378	1	Analytical or derived from analytical	--	07/2010
18:1 t ¹	g	0.008	--	0.002	0	0.02	9.0	0.003	0.013	1	Analytical or derived from analytical	--	07/2010
20:1 ¹	g	0.133	--	0.059	0.01	0.65	9.0	-0.002	0.267	1	Analytical or derived from analytical	--	07/2010
22:1 undifferentiated ¹	g	0.014	--	0.007	0	0.07	9.0	-0.001	0.029	1	Analytical or derived from analytical	--	07/2010
22:1 c ¹	g	0.014	--	0.007	0	0.07	9.0	-0.001	0.029	1	Analytical or derived from analytical	--	07/2010
22:1 t ¹	g	0.000	--	0.000	0	0	9.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
24:1 c ¹	g	0.017	--	0.005	0.01	0.06	9.0	0.005	0.028	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total polyunsaturated	g	0.290	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:2 undifferentiated ¹	g	0.034	--	0.007	0.01	0.07	9.0	0.018	0.05	1	Analytical or derived from analytical	--	07/2010
18:2 n-6 c,c ¹	g	0.019	--	0.005	0	0.04	9.0	0.008	0.03	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 CLAs ¹	g	0.002	--	0.001	0	0.01	9.0	--	0.004	1	Analytical or derived from analytical	--	07/2010
18:2 t not further defined ¹	g	0.013	--	0.002	0.01	0.03	9.0	0.008	0.018	1	Analytical or derived from analytical	--	07/2010
18:3 undifferentiated ¹	g	0.011	--	0.003	0	0.03	9.0	0.003	0.019	1	Analytical or derived from analytical	--	07/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.011	--	0.003	0	0.03	9.0	0.004	0.018	1	Analytical or derived from analytical	--	07/2010
18:3 n-6 c,c,c ¹	g	0.000	--	0.000	0	0	9.0	--	0.001	1	Analytical or derived from analytical	--	07/2010
18:4 ¹	g	0.007	--	0.002	0	0.02	9.0	0.002	0.011	1	Analytical or derived from analytical	--	07/2010
20:2 n-6 c,c ¹	g	0.004	--	0.002	0	0.02	9.0	--	0.008	1	Analytical or derived from analytical	--	07/2010
20:3 undifferentiated ¹	g	0.008	--	0.003	0	0.03	9.0	0.002	0.015	1	Analytical or derived from analytical	--	07/2010
20:3 n-6 ¹	g	0.005	--	0.002	0	0.02	9.0	0.001	0.01	1	Analytical or derived from analytical	--	07/2010
20:4 undifferentiated ¹	g	0.014	--	0.002	0.01	0.02	9.0	0.009	0.019	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) 1	g	0.066	--	0.015	0.02	0.18	9.0	0.031	0.1	1	Analytical or derived from analytical	--	07/2010
22:4 1	g	0.001	--	0.000	0	0	9.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2010
22:5 n-3 (DPA) 1	g	0.016	--	0.004	0.01	0.04	9.0	0.008	0.025	1	Analytical or derived from analytical	--	07/2010
22:6 n-3 (DHA) 1	g	0.128	--	0.019	0.04	0.25	9.0	0.085	0.17	1	Analytical or derived from analytical	--	07/2010
Cholesterol 1	mg	49	--	2.892	42	56	3.0	40.146	58.554	1	Analytical or derived from analytical	--	07/2010
Amino Acids													
Tryptophan	g	0.233	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Threonine	g	0.912	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Isoleucine	g	0.959	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Leucine	g	1.692	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Lysine	g	1.911	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.616	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Cystine	g	0.223	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Phenylalanine	g	0.813	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Tyrosine	g	0.703	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Valine	g	1.072	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Arginine	g	1.245	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Histidine	g	0.613	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Alanine	g	1.259	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Aspartic acid	g	2.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Glutamic acid	g	3.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.999	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Proline	g	0.736	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Serine	g	0.849	--	--	--	--	--	--	--	--	Analytical or derived from analytical	15036	07/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12e, 2008 Beltsville MD